

Recipe of the Month



Baked Acorn or Butternut Squash

Ingredients

2 acorn or 1 butternut squash

•2 Tbsp. brown sugar

•2 Tbsp. margarine, melted

•Cut squash in half with large cleaver or knife. Place cut side down in a baking dish or tray in a 1/4" of water. For microwaving, cover with plastic wrap and microwave on high till knife or fork pierces easily (10 -15 minutes). For regular ovens, cook till squash pierces easily with a fork (approximately 45 minutes - 1 hour) at 350 degrees. Remove from oven and seeds can be removed easily with a spoon. Drizzle margarine in the seed cavity and sprinkle with brown sugar. Place back in the oven for 5 minutes. Can substitute honey or maple syrup for brown sugar. Place back in the oven for 5 minutes. Makes 4 servings.

This is an official 5 A Day Recipe

NEHC's Recipe of the Week can be found at <http://www-nehc.med.navy.mil/hp>

Nutritional Analysis Per Serving:

•Calories - 197

•Fat - 6g

•Cholesterol - 0mg

•Fiber - 7g

•Sodium - 78mg

•% Calories from Fat - 27%



Health Risk Appraisal

As a value added service, the Reserve Health Promotion Department is offering a comprehensive risk evaluation and counseling session by registered nurses and a registered dietitian. In the civilian sector, a health risk assessment costs approximately \$125-\$250.

It is offered free of charge at your five year physical. Please take advantage of this opportunity.

.

October is Breast Cancer Awareness Month

All women should check their breasts for lumps, thicknesses, or other changes every month. By examining your breasts regularly, you will know how your breasts normally feel. If a change should happen in your breast, you will be able to identify it and let your doctor know.

American Cancer Society Guidelines

If you are age 20 to 29:

- Have a **clinical breast exam** by your health care provider at least every three years
- Do a **breast self-exam** each month

If you are age 40 and over:

- Have a **mammogram** every year
- Have a **clinical breast exam** by your health care provider every year
- Do a **breast self-exam** each month

